Wellness Department’s

MARCH Newsletter

March Events

Irish on Ionia
Ionia Street
March 15th
7:00 AM-11:00 PM

St. Patrick’s Day Breakfast Buffet
Saugatuck Brewing
March 15th
9:00 AM

Ultimate Sports Show
DeVos Place
March 20-23
(Check website for show times)

Yoga at the Downtown Market
Downtown Market Grand Rapids
March 3rd
6:00 PM-7:15 PM

Arena District’s 9th Annual Mardi Gras
Downtown Grand Rapids
March 4th
4:00 PM-9:00 PM

Healthy Shamrock Smoothie

Need a health pick-me-up this St. Patrick’s Day? Try this delicious and nutritious festive smoothie!

Ingredients
- 6 kiwi fruit, peeled and quartered
- 1 cup seedless green grapes
- 1 banana, peeled and cut into 1-inch pieces
- 1 6-ounce carton key lime or vanilla-flavored yogurt
- 1 cup orange juice or white grape juice, well-chilled
- 3 tablespoons honey
- 1-2 drops green food coloring

Directions
- In a blender, combine yogurt, orange juice, honey, and about 1/3 of the fruit. Cover and blend until almost smooth. Gradually add remaining fruit, blending after each addition until smooth. Add food coloring, if you like.
- Enjoy!

Why You Should Stretch

- Helps improve flexibility and range of motion
- Assists in correct posture
- Potential to decrease injury
- Increases blood and nutrient supply to muscles
- Calms the mind
- Lifts your mood
- Increases energy levels
Thirty Day Ab Challenge

Want a stronger stomach? Challenge yourself this month! Using just crunches, leg raises, and planks, you can easily tone your midsection.

Day 1: 15 crunches, 6 leg raises, 10 sec. plank
Day 2: 20 crunches, 8 leg raises, 15 sec. plank
Day 3: 25 crunches, 10 leg raises, 20 sec. plank
Day 4: 30 crunches, 12 leg raises, 25 sec. plank
Day 5: 35 crunches, 14 leg raises, 30 sec. plank
Day 6: 40 crunches, 16 leg raises, 35 sec. plank
Day 7: 45 crunches, 18 leg raises, 40 sec. plank
Day 8: 50 crunches, 20 leg raises, 45 sec. plank
Day 9: 55 crunches, 22 leg raises, 50 sec. plank
Day 10: 60 crunches, 24 leg raises, 55 sec. plank
Day 11: 65 crunches, 26 leg raises, 60 sec. plank
Day 12: 70 crunches, 28 leg raises, 65 sec. plank
Day 13: 75 crunches, 30 leg raises, 70 sec. plank
Day 14: 80 crunches, 32 leg raises, 75 sec. plank
Day 15: 85 crunches, 34 leg raises, 80 sec. plank
Day 16: 90 crunches, 36 leg raises, 85 sec. plank
Day 17: 95 crunches, 38 leg raises, 90 sec. plank
Day 18: 100 crunches, 40 leg raises, 95 sec. plank
Day 19: 105 crunches, 42 leg raises, 100 sec. plank
Day 20: 110 crunches, 44 leg raises, 105 sec. plank
Day 21: 115 crunches, 46 leg raises, 110 sec. plank
Day 22: 120 crunches, 48 leg raises, 115 sec. plank
Day 23: 125 crunches, 50 leg raises, 120 sec. plank
Day 24: 130 crunches, 52 leg raises, 125 sec. plank
Day 25: 135 crunches, 54 leg raises, 130 sec. plank
Day 26: 140 crunches, 56 leg raises, 135 sec. plank
Day 27: 145 crunches, 58 leg raises, 140 sec. plank
Day 28: 150 crunches, 60 leg raises, 145 sec. plank
Day 29: 155 crunches, 62 leg raises, 150 sec. plank
Day 30: 160 crunches, 65 leg raises, 155 sec. plank

Check us out!

On GRCC's Website:
www.grcc.edu/wellness

On Facebook:
www.facebook.com/grccwellness